



ORS

# Health and Wellness Matters

VOLUME 1, ISSUE 1

AUGUST/SEPTEMBER  
2004

## Health & Wellness Matters

### What's in a name?

Well, the contest to name the newsletter is over! **"Health and Wellness Matters"**, submitted by Pat Keating, was our winner. Tied for a close



Pat Keating-Winner

second were "Get Off Your ORS" from Jeanne Oullette,

and "To Your Health" from Paul Autote.

We appreciate all the names submitted by the nineteen aspiring writers.

Each writer who submitted a name for the contest received a Power Bar to get them started on their way to a healthy lifestyle.

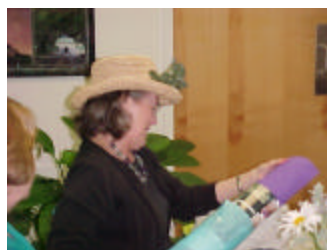
Runners-up Jeanne and Paul both received a small bag of treats including fruits, lotions, etc.

Pat is probably still unwrapping all the goodies she received in her Spongebob

Squarepants gift bag for winning first prize.

Thanks to the Social Committee and Newsletter Chairs who donated those healthy prizes, and to yoga instructor, Manuela Birner, for her gift certificate for yoga lessons.

As you can see, Pat will get lots of exercise with her new yoga mat and jump rope.



## Health & Wellness Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sheila Moffat, X345
- ♦ *Physical Health* - Barbara Mulligan, X349
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

### Ask the Doctor By "Dr. Conklin"

September is National Cholesterol Education Month. The American Heart Association has great information at their website, [www.americanheart.org](http://www.americanheart.org) with links to other websites.

Check out the cholesterol section for tips on eating out, cholesterol news, and knowledge about fats.

### Healthy Choices— "Recipes for the Heart from the Heart"

#### Energy Snack

1 cup apple juice  
1/2 cup reduced fat peanut butter  
1/4 cup honey  
2 Tbsp. maple syrup  
3 Tbsp. non-fat dried milk  
1 Tbsp. vanilla  
2 cups grapenuts  
1/2 cups rolled oats

1/2 cup wheat germ  
3/4 cup Craisins  
1/4 cup chocolate chips

Combine first six ingredients in a bowl. Microwave until melted.

Add remaining ingredients in separate bowl.

Toss the dry ingredients with the melted liquid ingredients and spread on a 9 x 13 pan.

Cool and serve.

Office of Rehabilitation Services  
40 Fountain Street  
Providence, RI 02903  
401.421.7005 (V) - 401.421.7016 (TDD)  
[www.ors.ri.gov](http://www.ors.ri.gov)

## Upcoming Events

### Who Done It?

We can find out together on Tuesday evening, August 31st, on the Bay Queen. Murder Mystery Night gives everyone onboard a chance to be amateur sleuths while enjoying the breezes from Narragansett Bay as we slowly cruise to Newport.

Meanwhile, we'll be enjoying a buffet including either hand-carved top round roast beef, ham or turkey, pasta primavera, hot potato or rice, hot vegetable, rolls, butter, coffee and assorted pastries.

With at least 25 people, our group rate is \$32.50 per person instead of the regular rate of \$36.50.

So hurry and get on board by contacting Valerie Williams, ext. 302 by Monday, August 2nd, and

we'll see you on August 31st at 6:15 p.m. Bring a guest!

### Splash Duck Tour

You've probably seen those strange looking all-terrain vehicles go by on Providence street. These "duck" vehicles can give you a one hour, narrated tour of Providence both on land and sea. If you are interested in initiating a group of 15-25 people, you can learn more about the city in which you work at a cost of \$16 a person.

Contact Sheila Moffat at ext. 345 for more details.

### Manga! Manga!

Have we got a healthy feast for your eyes, ears and palate! A NYC bus trip to the Feast of San Gennaro, a large outdoor street fair with music, food and items for sale, is being planned for

Sunday, September 19.

The cost for this day trip is \$38 for adults and \$34 for children. A group of 30 or more gets a \$1 and percentage discount. Stops begin in Woonsocket at 6 a.m., and continue to Cumberland, Pawtucket, Providence, Warwick, and Hope Valley at 7:20 a.m. You will return around 10:30 p.m. If you would rather see other sights in the "Big Apple", you can do that too.

Please contact Barbara Mulligan at ext. 349 by August 10th if you would like to join in this ethnic feast or go on a sight-seeing trip.

### Let's Get Physical

The best form of exercise for most people is still walking. You can enjoy a day of moving at your own pace outdoors while

helping two great causes.

**Making Strides Against Breast Cancer**, the annual walk for breast cancer research, education, awareness, and patient support is being held on Sunday, October 17th, with registration at 7 a.m. The 5-mile walk is from 8:30 a.m. to 1 p.m. at Roger Williams Park, Temple of Music. Contact Dr. Conklin ext. 363 for more details, and Barbara Mulligan to form a team.

**Walk-A-Thon** to benefit Goodwill Industries and individuals with disabilities - Sunday, October 24th. Registration at 9 a.m., walk starts at 9:30 a.m. Roger Williams Park - Temple of Music Let's organize a team to run or walk the 3.5 miles together! Contact Steve B. at ext. 354 to join.

## What's Happened at ORS

### ORS Family Day

June 13th was a warm, sunny and beautiful day at Goddard Park for our Family Outing. Volleyball, croquet, softball and card games were enjoyed by our staff family and family friends of all ages. Everyone brought their favorite picnic dish and dessert for the community table. Lunches were shared, laughter was heard throughout the day, and a s'mores dessert ended this delightful day of outdoor enjoy-

ment. Kudos to Barbara Mulligan and Sheila Moffat for heading this event.

### High Tea

Was it "Mad Hatter Day" or "Queen Elizabeth's Rebels"?

Whatever it was, the "High Tea" on June 30th was a day of unique hats of all colors and sizes and the ladies and gentlemen that attended all wore their best finery. A delightful array of teas, scones, sandwiches and healthy desserts were provided to tempt the palate. Attention was paid to using high fiber, low calorie, low carbohydrate products including protein, fruit, vegetables, milk products, breads and nutritious lemonade and flavored teas.

Sheila Moffat, Norma Soares, and



*Tea Totaler Chairs—Sheila Moffat and Ellie Pickering*

Marie Ahronian supplied the gifts for our raffle of delicate giftware. JoAnn Nannig brought in the lovely table flowers, and Sharon DiPinto and Monica Dzialo added their floral and lace tableclothes. It was a relaxing departure from our hectic work schedule.

Thanks to all who attended and contributed to this event.

